

JOIN US!

The “Wednesday Walks” program offers a wonderful way to get fresh air, feel the sun, exercise, meet new people, and enjoy many unique attractions in Jefferson County.

Each trip includes a walk and an optional lunchtime meal at one of Jefferson’s county senior dining sites.

Walking Offers Many Health Benefits:

- Lowering cholesterol
- Lowering blood pressure
- Reducing risk of diabetes
- Managing your weight
- Improving your mood
- Improving your memory
- Keeping you strong and fit

Wednesday Walks 2019 Dates:

May 29

June 26

July 24

August 28

September 25

October 23

Reservations Required

Call: 920-675-4049

Open a smartphone camera and point at the QR Code below to visit our website.



1541 Annex Road
Jefferson, WI 53549
Phone: 920-675-4049

Wednesday Walks 2019



Organized by:
Jefferson County ADRC
Mobility Management

May 29

Dorothy Carnes Park

N3220 Radloff Lane
Fort Atkinson

This park features an ADA accessible packed limestone trail that leads to the overlook. The main trails are woodchip or mowed grass. You will also encounter a Turtle Effigy mound as you hike the trails on this side of the lake.

June 26

Korth Park

W8390 Korth Lane
Lake Mills

Situated on the shores of Rock Lake, Korth Park offers visitors a sweeping view of Rock Lake from the top of a glacial drumlin dominating the center of the property.

July 24

Pohlmann Park

N4809 Duck Creek Road
Helenville

The pleasant trails of this park weave through a pine plantation and a fieldstone wall, typical of those seen on farms in the area, marks the north edge of the park. The Pohlmann Park is located on the Glacial Drumlin Trail, which is a fabulous resource for walking.

August 28

Carlin Weld Park

N1841 CTH Z
Palmyra

This beautiful park features the rugged topography of the Kettle Moraine area with uplands, steep kettles, a man-made pond, and lowlands with an ephemeral stream.

September 25

Dr. J.S. Garman Nature Preserve

701 Fox Lane
Waterloo

The park is a wooded hillside within the City of Waterloo. Steep topography on the west side of the park levels out at the top of the hill where 22 Indian Mounds are found. The woods include oak, hickory, maple and cherry species.

October 23

Indian Mounds Park

W7561 Koshkonong Mounds Road
Fort Atkinson

This five acre park offers visitors the opportunity to view eleven Indian effigy mounds. Visitors can hike the trail through the woods to view all of the mounds. A portion of the trail includes a part of an ancient Indian trail.

IMPORTANT INFORMATION

- **ARRIVE BY:** 9:00 AM for all Wednesday Walks
- **MEET AT:** the main parking lot in each park.
- **TO REGISTER:** Call Jefferson County Mobility Manager at least **2 days in advance** at: 920-675-4049 .
- **NEED A RIDE?:** Call Jefferson County Mobility Manager at least **2 days in advance** at: 920-675-4049.

PLEASE NOTE

- Walks will be cancelled in the case of inclement weather.
- There is not a cost to walk.
- Lunch (optional) at a meal site is planned following each walk for a suggested donation of \$4.00 for age 60+ or a donation of \$14.36 if under age 60.
- Dress for weather and wear comfortable shoes.
- Walks take place only on the dates identified in this flyer.